

## Connecting the dots: Eat well now, move better later!



We talk a lot about how to eat to prevent chronic disease. And, indeed, food choices that minimize your risk of chronic illnesses like obesity, heart disease, cancer, inflammation and diabetes raise your chance of living a long, healthy, and happy life. But aging well isn't just about avoiding chronic illness. It's about keeping up your basic daily activity level, and that includes those activities you love, from walking and hiking to

rock-climbing, biking, or dancing. More good news: Eating well helps you to keep up your energy and stay active. A new population study shows that a nourishing, plant-rich diet may help you maintain physical functioning as your birthday celebrations continue to accrue. Among more than 50,000 women studied, those who ate lots of veggies and fruit; limited sweetened drinks, trans fat, and sodium (from processed food); and drank alcohol only in moderation were more likely to function better physically. Oranges, apples, pears, romaine lettuce, and walnuts were among the most protective foods, but don't run out and stock your kitchen with these five foods exclusively. It was overall patterns that made a difference. So, in a nutshell: Eat more plants, whole foods, and nourishing fats, while at the same time avoiding large portions of meat, added sugars, processed foods, and manufactured fats. Fortunately, eating for good health is anything but a bitter pill! The flavors you can create with veggies, grains, legumes, fish, herbs, and spices will make you and your taste buds soar – and they'll help keep you walking, moving, and living your life to the fullest. To keep you in it for the long haul, we have [dozens of recipes](#) to get – and keep – you going!